

SUMMER 2015

SNEAK PEEK

Needham Park and Recreation

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SUMMERTIME AND THE LIVING IS EASY!

As the ice finally freezes in Needham, we are happy to share our warm thoughts for this upcoming summer and some information about our **AMAZING** summer programs!

Needham Park and Recreation is a proud member of **10 Million Kids Outdoors!**, a partnership with the National Wildlife Federation and the National Recreation and Park Association. Our goal is to have all participants gain an awareness and connection to the natural world. This summer we will track more than 5,000 hours of outdoor activities!

This outdoor goal pairs with our health and wellness goals which include keeping children active, insuring they

are well hydrated, checking for ticks, avoiding sunburns and, at programs with snacks, choosing healthy snacks that don't trigger allergies!

All Park and Recreation staff are **trained** for the work that they do and, among many topics, are taught two major rules; (1) all participants, volunteers and staff must feel safe physically and emotionally and (2) no adult behaviors are permitted with participants or volunteers.

We *anticipate* our summer season to be **June 22nd—August 13th, 2015**. Since many of our programs are held at schools and some of our staff attend Needham schools, our program start dates depend on when the last day of school is.

Special Events

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Returning this summer is our **Arts in the Parks** series at Memorial Park! Six concerts that are generously funded through donations allow us to offer them at no cost to our residents. Join us for one or many and invite your friends so you can dance the night away!

For the younger generation, **Children's Theatre** will feature four free summer events funded.

At Rosemary Pool, join us on Fridays for our **Friday Fun Nights!** These family fun events are held in July and

early August. Activities are free and will have Needham's children participating in and out of the water!

Some upcoming events we have are the **Town-Wide Clean Up Day** on Saturday, April 11th and, new this Spring, our **Tyke Hike** on Thursday, April 30th from 4pm—5:30 for 4—8 year olds at the Needham Reservoir. The **15th Annual Fishing Derby** is on Saturday, May 2nd from 9am—12pm at the Needham Reservoir, **Touch the Trucks** takes place on Saturday, May 16th from

10am—12pm at DeFazio Park and be sure to join us on one of our hikes in the **Take a Hike** program. The first hike is on Saturday, March 28th, and we will explore the proposed Rail Trail. On Saturday, April 11th, we will hike the proposed Aqueduct Trail and on Thursday, April 30th, Park and Recreation Chairman, Cindy Chaston, will lead a hike around Rosemary Lake.

SUMMER PROGRAMS

Mini-Evergreen Adventure

Our **Mini-Evergreen Adventure** program has been a part of the Park and Recreation family for 30 years! This program welcomes children **ages 3 to 5** and our staff members are specifically selected to work with this age group creating fun and challenging activities. The participants spend time both indoors and outside with sample activities such as story telling, dancing, playground time, mini-Olympics and craft activities using a variety of mediums and textures. Parents are invited to a show at the end of each weekly session to see some of the activities of the week! Register for one-week, half day morning (9am—12pm) or afternoon (1pm-4pm) sessions.



KidzArt

The **KidzArt** program is for children **ages 4-7** who love to create. Sample activities include fabric art, paper mache, mosaics, painting, sand art and drawing. As with all of our programs, many activities utilize recyclable materials that children can find in their own homes and many of the projects can be used for continued play. During this program we also have a creative break for story time and outdoor play. Parents are invited to a show at the end of each weekly session to see the children's gallery of masterpieces! Register for one-week, half-day morning (9am –12pm) sessions.

Cricketeer Adventure

It's been about 30 years since the first participants became known as 'The Cricketeers' at our **Cricketeer Adventure** program. Participants at this program are **ages 5—8** and try a little bit of everything from active games on the field, quiet games in the shade, and arts and crafts on the Cricket House porch. Sample activities include relay races, blob tag, Steve Dodgeball, mustache day and Drip, Drip, Drop. Register for one-week full day (9am—4pm) morning half-day (9am—12pm) or afternoon half-day (1pm—4pm) sessions.



Kids Off Broadway

Kids Off Broadway is the opportunity for our participants to share their creative side—whether you like to improv, write, create props and staging or act, KoB has a place for you! Participants **ages 7-12** work all week to put together a live performance on Friday afternoons! The performance welcomes family and friends as well as participants from other Park and Recreation summer programs. Outdoor play is also a big part of this program to keep the creativity flowing! Register for one-week, full day (9am—4pm) sessions.

Summer Playground

The **Summer Playground** program is the ORIGINAL Needham Park and Recreation program! This eight week program is open from 9am—4pm and families choose when to attend. Some come for just a few hours a week and others come everyday for the full day! This program is for participants **ages 5-10** and the staff members insure that age appropriate activities are scheduled! Participants will have choices between active games, quiet games, crafts and imaginative play. Sample activities at Playground include Jungle charades, counselor trivia, dance party, treasure relay, tie die, water balloon toss, 4-square and kickball.



Tennis Programs

Park and Recreation offers many tennis programs for all ages and all skill levels! Programs are based on the curriculum of the United States Tennis Association (USTA) with all participants having fun while they learn! **Tennis Badges** are available to residents for use of the three outdoor court locations at Needham High School, Newman Elementary School and Mills Field. Other than the scheduled Park and Recreation lessons or Needham High School tennis teams in the spring, the courts are generally available during the day. The public courts are not available for use by vendors giving private lessons. Nets will be put on the courts in mid-March, weather permitting.

Badges will go on sale on **Monday, March 2, 2015** at the Park and Recreation Office.

Quickstart Tennis

Quickstart Tennis is a program geared to the younger learners. The USTA has set up the program with specialized equipment and on courts with dimensions tailored to the age and size of the younger participants, **ages 5-7**. Register for one-week, one-hour sessions in the early evenings.

Totally Tennis

Totally Tennis is a three-hour class held 5 days a week in one-week sessions. This program is for **ages 8-13** and groups will be set-up for beginners and advanced players as they work on existing skills and expand stroke development through skill activities and fun games. Times for this program will be announced in a future sneak peek.

Needham Tennis Academy

The **Needham Tennis Academy** program is for **ages 8-13** and will encourage participants to develop skills at their own pace. Participants will participate in activities to strengthen hand-eye coordination, which is a must for the successful tennis player! In the afternoon all participants will visit Rosemary Pool. Register for one-week, full day (9am-4pm) sessions.



Sports Specialties

Sports Specialties is a program for **ages 7-12** where participants join a team for the week to try a variety of sports and game and participate in friendly competitions to help develop sports related skills. Sample activities include Home Run Derby, beach volleyball, marathon kickball, soccer shoot-out, and capture the flag. This program also visits Rosemary Pool once a week. Register for one-week, full day (9am -4pm) sessions.

Outdoor Living Adventure

Our **Outdoor Living Adventure** program was created in 1963 to introduce Needham youth to some of the outdoor treasures in Town. The program has been located at Ridge Hill Reservation since 1974. Participants **ages 9-13** will explore Ridge Hill, play active games and take a weekly trip to Rosemary Pool and the adjacent camp property for swimming, canoeing and other outdoor activities such as archery, fishing and trail walking. Register for one-week full day (8:45am—3:45pm), morning half-day (8:45am—11:45am) or afternoon half-day (12:45pm—3:45pm) sessions.



One Day and One Week Programs

Needham Park and Recreation likes to offer a variety of **one day workshops** and **one week activities**. Past options have included LEGO and American Girl Doll 3-hour workshops, archery lessons, skateboarding, canoe and kayak lessons and junior golf lessons. More information about these programs will be available in a future sneak peek.



ROSEMARY POOL

Rosemary Pool is Needham's public pool for both residents and non-residents. Throughout the summer we have general swim, swim lessons, host Needham Sharks Swim Team home meets and have several Friday Fun Nights (see front cover for more information).



Swim Lesson are held on weekday mornings in two-week (10 class) sessions for **ages 3 and up**. The instructors are certified by the American Red Cross and follow their curriculum.

The Preschool Level is for **ages 3 and 4** and are 30 minutes long. Levels 1—6 begin at **age 5**.

Adaptive Aquatics is a one-on-one program for swimmers with challenges that make it difficult to learn in a group setting. Ten classes are scheduled with the family.

Individual Swim Lessons are tailored to meet the needs of each individual participant. Each class is 30 minutes in length.

The **Deep Water Test** is required for all youth under the age of 18 in order to swim in the deeper water. It is a test for strength, showing the ability to breathe and keep afloat.

Need some help? **Free Deep Water Test clinics** are given weekday afternoons. Check with the Pool Supervisors for daily schedule.

The Needham Sharks Swim Team is a volunteer coordinated program. Go to www.needhamsharks.org for more information.

General Swim is scheduled seven days per week from **12:30pm—7:45pm**. The pool will

be open from mid-June through late August. The pool has shallow areas for young swimmers as well as deep areas, a diving area, a practice lane, lap lanes for adult swimmers and walkers and ramps to, and leading into, the pool for accessibility.



Summer Volunteers

The **Summer Volunteer** program is one of the most popular programs offered with an average of 150 volunteers each year. The program gives youth **ages 11 and up** the opportunity to learn how to be responsible for others. A volunteer must be a minimum of 2 years older than the oldest participant at any given program. Volunteer Program information booklets will be available on **Wednesday, April 1st**.

Volunteers at **Rosemary Pool** will sign-up to be a Instructor Aide during our swim lessons for at least one two-week session and basic swimming skills are required. Volunteers at the **summer programs** will register for a one-week, half-day (morning or afternoon) session totaling 15 hours a week with the possibility of additional hours.



Needham Park and Recreation

The 2015 SUMMER BROCHURE will be available in mid-April on the Park and Recreation section of the town website (www.needhamma.gov/parkandrecreation) and paper copies will be available shortly thereafter at the Park and Recreation Office, Town Hall, the Library and the Center at the Heights. If you would like a copy sent directly to you, please send us your address.

NOTIFY ME—Recreation Information: Register your email address with 'Notify Me' on the town website (www.needhamma.gov) and choose 'Recreation Information' to receive updates on all new Park and Recreation information!!

LIKE US ON FACEBOOK!! - Now posting updates, community games and fun Park and Recreation photos to keep everyone informed! Find us by searching 'Town of Needham—Park and Recreation' or www.facebook.com/NeedhamRecreation.